



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>1</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Church Service w. Joe 11:00 Gardening 1:00 Relaxing Music 2:30 Reminiscing Trivia 3:00 One-on-One Manicures 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p> <p><small>New Year's Day</small></p>	<p>2</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 9 to 5 Movie on Prime 11:00 Chair Volleyball 1:00 Gun Smoke TV Show 2:00 Armchair Travel 3:00 One-on-One Walks 4:00 Life Station Activity 6:00 Music to Sooth the Soul</p>	<p>3</p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Bingo 1:00 Gun Smoke TV Show 2:00 Chair Basketball 3:00 Karaoke Fun 4:00 One-on-One Activities 4:30 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>4</p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Who Am I? 1:00 Gun Smoke TV Show 2:00 Horseshoe Toss 2:30 Snack & Hydrate 3:00 One-on-One Activities 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>5</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Gun Smoke TV Show 2:00 Happy Hour & Snack Time 3:00 One-on-One Manicures 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>6</p> <p>9:30 Morning Readings 10:30 Catholic Church Service 10:30 Chair Dancing 11:00 One-on-One Walks 1:00 Gun Smoke TV Show 2:00 Table Tidbits & Snacks 3:00 Golf Putty 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>7</p> <p>9:30 Morning Readings 10:00 Life Station Activity 1:00 Relaxing Music 2:00 Bean Bag Toss 3:00 Hot Cocoa & Cookie Social 3:30 Bingo 6:00 Tea & the Classics</p>
<p>8</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Live Church Service 11:00 Gardening 1:00 Relaxing Music 2:30 Reminiscing Trivia 3:00 One-on-One Manicures 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>9</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Chair Volleyball 1:00 Gun Smoke TV Show 2:00 Armchair Travel 3:00 One-on-One Walks 4:00 Life Station Activity 6:00 Music to Sooth the Soul</p>	<p>10</p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Bingo 1:00 Gun Smoke TV Show 2:00 Chair Basketball 3:00 Karaoke Fun 4:00 One-on-One Activities 4:30 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>11</p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Who Am I? 1:00 Gun Smoke TV Show 2:00 Horseshoe Toss 2:30 Snack & Hydrate 3:00 One-on-One Activities 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>12</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Gun Smoke TV Show 2:00 One-on-One Manicures 3:30 Happy Hour & Family Party 5:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>13</p> <p>9:30 Morning Readings 10:30 Catholic Church Service 10:30 Chair Dancing 11:00 One-on-One Walks 1:00 Gun Smoke TV Show 2:00 Table Tidbits & Snacks 3:00 Golf Putty 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>14</p> <p>9:30 Morning Readings 10:30 Bingo 1:00 Relaxing Music 2:00 Bean Bag Toss 3:00 Hot Cocoa & Cookie Social 3:30 One-on-One Walks 4:00 Life Station Activity 6:00 Tea & the Classics</p>
<p>15</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Church Service w. Joe 11:00 Gardening 1:00 Relaxing Music 2:30 Reminiscing Trivia 3:00 One-on-One Manicures 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>16</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Chair Volleyball 1:00 Gun Smoke TV Show 2:00 Armchair Travel 3:00 One-on-One Walks 4:00 Life Station Activity 6:00 Music to Sooth the Soul</p> <p><small>Martin Luther King Jr. Day</small></p>	<p>17</p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Bingo 1:00 Gun Smoke TV Show 2:00 Chair Basketball 3:00 Karaoke Fun 4:00 One-on-One Activities 4:30 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>18</p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Who Am I? 1:00 Gun Smoke TV Show 2:00 Horseshoe Toss 2:30 Snack & Hydrate 3:00 One-on-One Activities 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>19</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Gun Smoke TV Show 2:00 One-on-One Manicures 3:30 Happy Hour & Snack Time 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>20</p> <p>9:30 Morning Readings 10:30 Catholic Church Service 10:30 Chair Dancing 11:00 One-on-One Walks 1:00 Gun Smoke TV Show 2:00 Table Tidbits & Snacks 3:00 Golf Putty 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>21</p> <p>9:30 Morning Readings 10:00 Life Station Activity 1:00 Relaxing Music 2:00 Bean Bag Toss 3:00 Hot Cocoa & Cookie Social 3:30 Bingo 6:00 Tea & the Classics</p>
<p>22</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Live Church Service 11:00 Gardening 1:00 Relaxing Music 2:30 Reminiscing Trivia 3:00 One-on-One Manicures 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p> <p><small>Chinese New Year (Year of the Rabbit)</small></p>	<p>23</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Chair Volleyball 1:00 Gun Smoke TV Show 2:00 Armchair Travel 3:00 One-on-One Walks 4:00 Life Station Activity 6:00 Music to Sooth the Soul</p> <p><small>Activity Professionals Week</small></p>	<p>24</p> <p>9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Bingo 1:00 Gun Smoke TV Show 2:00 Chair Basketball 3:00 Karaoke Fun 4:00 One-on-One Activities 4:30 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>25</p> <p>9:30 Morning Readings 10:00 Fitness Fun with Noodles 11:00 Who Am I? 1:00 Gun Smoke TV Show 2:00 Horseshoe Toss 2:30 Snack & Hydrate 3:00 One-on-One Activities 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>26</p> <p>Happy Birthday Grace! 9:00 Nature Walks 9:30 Morning Readings 10:00 Exercise with Parachute 11:00 Bingo 1:00 Gun Smoke TV Show 2:00 Happy Hour & Snack Time 3:00 One-on-One Manicures 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p> <p><small>Australia Day (observed)</small></p>	<p>27</p> <p>9:30 Morning Readings 10:30 Catholic Church Service 10:30 Chair Dancing 11:00 One-on-One Walks 1:00 Gun Smoke TV Show 2:00 Table Tidbits & Snacks 3:00 Golf Putty 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>28</p> <p>9:30 Morning Readings 10:30 Bingo 1:00 Relaxing Music 2:00 Bean Bag Toss 3:00 Hot Cocoa & Cookie Social 3:30 One-on-One Walks 4:00 Life Station Activity 6:00 Tea & the Classics</p>
<p>29</p> <p>9:00 Nature Walks 9:30 Morning Readings 10:00 Live Church Service 11:00 Gardening 1:00 Relaxing Music 2:30 Reminiscing Trivia 3:00 One-on-One Manicures 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<p>30</p> <p>Happy Birthday Ena! 9:00 Nature Walks 9:30 Morning Readings 10:00 Fitness Fun by Dancing 11:00 Chair Volleyball 1:00 Gun Smoke TV Show 2:00 Armchair Travel 3:00 One-on-One Walks 4:00 Life Station Activity 6:00 Music to Sooth the Soul</p>	<p>31</p> <p>9:30 Morning Readings 10:00 Chair Basketball 11:00 Bingo 1:00 Gun Smoke TV Show 2:00 Karaoke Fun 2:30 Puzzle Time 3:00 One-on-One Walks 4:00 Life Station Activity 6:00 Late Snack with Soft Music</p>	<h1>January 2023</h1> <h2>Our Memory Care Neighborhood Activities</h2>			